

BETTER VISION means BETTER LIFE

You may have heard that diabetes causes eye problems and may lead to blindness. People with diabetes do have a higher risk of blindness than people without diabetes. With regular checkups, you can keep minor problems *minor*. And if you do develop a major problem, there are treatments that often work well if you begin them right away.

Team Sugar Free Helpline Toll-Free: 1-877-850-9312

- Sign up for a Diabetes Education Program near you.
- Enroll in our Personal Health Management Program for appointment reminders, A1c tracking, and tips for managing diabetes for qualified diabetics.
- Locate clinics offering vision screening
- Find a medication management program



HELPLINE:

1-877-850-9312
or 662-580-0220 (Greenville area)

ADDRESS:

435 Stoneville Road
Stoneville, Mississippi 38776
Phone: 662-686-7004
Fax: 662-686-3522

E-MAIL:

teamsugarfree@deltahealthalliance.org

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This diabetic retinopathy screening service is provided in partnership with the UTHSC Hamilton Eye Institute and Hubble Telemedical Inc.

Diabetic Retinopathy

Vision Screening

Available at the
North Sunflower Medical Clinic

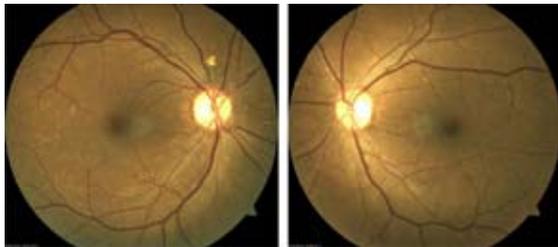


Yearly Screenings Can Save Your Vision

What is Diabetic Retinopathy?

Diabetic retinopathy is an eye disease that affects most people with diabetes over time. It is very common and is a leading cause of blindness in American adults.

Images taken of the retina to diagnose eye disease caused by diabetes.



Above, without eye disease.

Below, eye disease is present.



Does Diabetic Retinopathy have any symptoms?

Early on, there usually aren't any symptoms and there often isn't any pain. ***Don't wait for symptoms!*** Be sure to have a full eye exam at least once a year.

You will not need to have your eyes dilated for the type of eye screening provided by this doctor's office, and it can detect many eye diseases caused by diabetes.

Sometimes, someone with diabetes may have blurry vision or see "floaters". You should report this to your regular doctor or your eye doctor as soon as possible. Sometimes, your vision can clear up on its own. However, catching vision problems early will help prevent future damage, so ***get your eyes screened every year and report all symptoms right away.***

Am I at risk for diabetic eye disease?

Several things influence whether you get diabetic eye disease (retinopathy):

- blood sugar control
- blood pressure levels
- how long you have had diabetes
- genes/ family history
- if you smoke

Over time, most people with diabetes get diabetic eye disease. The longer you've had diabetes, the more likely you are to get retinopathy. How long you have it and other health factors help determine when, and if, you get it. This also helps determine whether or not it is severe.

Fortunately, eye disease that destroys eye sight, proliferative retinopathy, is less common. ***You can reduce your chances of getting this serious eye disease by watching your blood sugar and blood pressure and by getting regular vision and health check-ups.*** Talk to your doctor or call the TEAM Sugar Free Helpline for personal health management tips.